

103 Dogwood Ave
Robersonville, N.C. 27871

5-23-99

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Please do not let the makers of Olestex use it in packaged popcorn kernels. I definitely will not use it.

Also the cereal companies are loading their products with vitamins. The population has no idea of how many vitamins they are taking.

I have hemochromatosis (iron overload) disease and it bothers me that so many products have added so much iron. I resent having to check the iron added. You can find grits from 95% m.d.r. to 14%.

Also there have been articles about to much folic acid can do ~~so~~ much damage to babies from the mother diet. The distressing part. Mothers, Doctors & no one else can know how much excess vitamins & iron has been added to their diets. Please let each

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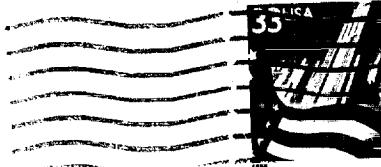
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individual add their own vitamins
as needed. Please, Please, take
the iron addition to all food
products. I'm 78 years old and
have severe circulation problems.
It is a real hardship to have
to run over food labels.

Sincerely
Evelyn Barnhill

Thank you for the
opportunity to answer the
question about Osteo

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